

‘NUTRITIONAL TIPS’

GOOD PARENTING

The latest estimates say as many as 20 to 30 percent of children are overweight. Research continues to indicate that helping children make healthful changes in their eating and lifestyle habits requires coordinated efforts of families, communities and schools.

Guess what else? The same research indicates that as much as 40% of adult Americans are under-exercised and over weight to a degree that their condition is counter to their own best health interest!

Do you think our children follow our leads? Come on! Get with it! Be good roll models! What is at stake? That is a rhetorical question! Does not need to be answered!

A study published in a recent issue of the American Journal of Preventive Medicine looked at physical activity and eating behaviors of middle school children. The researchers divided kids into a control and an intervention group where kids were offered physical education classes, supervised after-school activities and opportunities to select healthier foods.

The results showed that boys are more likely than girls to increase their levels of physical activity compared to girls. But neither boys nor girls significantly improved their eating habits.

The study shows the importance of community and school involvement, but parents still play the primary role in developing and modifying their children’s eating behaviors.

Parents are responsible and capable of leading their children, the leaders of our next generation. No small responsibility! How are you doing?

Today is the first day of the rest of your ‘Life’! Get a good start! Don’t put it off!

**“Welcome Aboard!”
“Enjoy The Ride!”**

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7